

STRATEGIES FOR REDUCING CONTRACEPTIVE FAILURE

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Issues:

For those people who choose to use reversible contraception, many (over 40% for short-acting methods) stop using it in the first year^a. Many factors, including barriers to access and adverse side effects bring people to the 'tipping point' of discontinuation.

Description: Highlighting latest research and developments, this paper discusses how the effectiveness of reversible contraception can be improved and side effects reduced.

Lessons learned:

Long-acting reversible contraceptives (LARCs) have a lower failure rate than short-acting methods. Management of side effects, particularly bleeding issues with LARCs, will be discussed. For those taking the combined oral contraceptive pill, consider shortening or eliminating the contraceptive-free interval.

Next steps: Ensure providers have the required training and patients are aware of the options available. Engage with policy makers to provide the necessary resources for education, training and service delivery.

a. Birgisson et al. Preventing Unintended Pregnancy: The Contraceptive CHOICE Project in Review. *J Womens Health* 2015;24(5):349–353.